



# The Benefits Bulletin

[Statewide Benefits Office](#)

February 5, 2020

## Update Contact Information

The New Year is the perfect time to review your personal contact information that your employer has on file for accuracy. If your information is not up-to-date, you will not receive important benefit information. If you work for the State of Delaware, a school district, charter school, DTCC, or DSU, you can update your information in [Employee Self-Service](#) (ESS). Once you have logged into ESS, select Personal Information. Then, update your home and mailing address, phone numbers, and email addresses. It is very important to ensure that your preferred email address is correct since many communications are sent via this contact method.

## Prescription Savings

Is your New Year's Resolution to save money? If so, you may be able to use your prescription plan to keep a few extra dollars in your wallet.

Your [Express Scripts](#) Prescription Plan provides several ways to save.

- Diabetic Medications- If you take several diabetic medications, you can save money by filling all of them at the same time. You will only pay for the first medication and all other diabetic medications are FREE!
- Smoking Cessation- Simply have your doctor write you a prescription for a smoking cessation product available through your Express Scripts Prescription Plan and then take that and your prescription card to the pharmacy to get the products for FREE.
- Generic Medications- According to the U.S. Food & Drug Administration, generic medications are just as safe and effective as brand-name medications. And, generic medications cost less which will help save you money.
- Preventive Medications- Certain preventive medications are FREE through your prescription plan based on your age and gender.



**Hidden Treasures** Find the hidden code on the Employee Spotlight page on our website and email the code to [sbo.communications@delaware.gov](mailto:sbo.communications@delaware.gov) (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to the last winner, Debbie W., First State Montessori Academy!

## SEBC Spotlight

The mission of the [State Employee Benefits Committee](#) (SEBC) is to "Offer State of Delaware employees, retirees and their dependents adequate access to high-quality health care that produces good outcomes at an affordable cost, promotes healthy lifestyles, and helps them be engaged consumers." Over the next several months, the SEBC Spotlight section will contain articles that focus on the key words of this goal.

Imagine that you need to buy a new cell phone. There are several different brands and models. How can you choose which one is right for you? You might compare price, features, and reviews of various models to make sure you get a high-quality phone at an affordable cost. Completing this kind of research before buying a phone means you are an engaged consumer.

These same comparison techniques can be used when selecting a location for lab work. We recommend an in-network non-hospital affiliated preferred lab. Basically, it is the lab that your health insurance has designated as a location that provides high quality. As such, services at these locations are



offered at an affordable cost. In order to be an engaged consumer, you will need to spend a few minutes to find a preferred lab location. In Delaware, LabCorp is the preferred lab for Highmark Delaware members and

LabCorp and Quest Diagnostics are preferred labs for Aetna members. Check out the [Choosing the Right Care](#) page of SBO's website to find your ideal preferred lab location.

## Employee Spotlight

SBO is seeking testimonials from employees regarding the use of their benefits. How have your benefits helped improve your life? What cautionary tales do you want to share? Email your testimonial to [sbo.communications@delaware.gov](mailto:sbo.communications@delaware.gov) and it could be featured in an upcoming Benefits Bulletin.